



LADY KIRSTY'S AESTHETICS ROUTINE

*The exact aesthetic treatments I personally choose,
why I choose them and how I plan them throughout the year.*



Designed and created by Lady Kirsty

ABOUT ME

I'm a multi-award-winning aesthetic practitioner with over 10

years' experience, and aesthetics isn't simply my career - it's something I am genuinely passionate about. Over the years, I've invested heavily in developing my knowledge and advanced skills, treating thousands of faces and learning first-hand what creates beautiful results and, just as importantly, what doesn't.

My approach has definitely evolved with experience. The more I've learned, the more I've come to believe that the very best aesthetic work shouldn't be obvious. It should leave you looking fresh, balanced, radiant and beautifully maintained, while still looking completely like you. I don't believe in having every treatment available simply because you can, and I certainly don't believe that more is always better.

That knowledge naturally led me on my own aesthetic journey. I began looking at my own face in exactly the same way I assess my clients: What actually needs treating? What can be maintained? Where will a subtle treatment make the biggest difference? And when should I simply leave something alone? Every treatment I choose for myself has a purpose, and I reassess my face and skin before repeating anything.

Combined with the simple skincare routine I use at home, my aesthetic routine has completely changed the way I feel about my skin and appearance. I'm makeup-free around 90% of the time, I constantly receive compliments on my skin, and I love that people often notice how fresh or glowing I look rather than immediately noticing that I've had aesthetics. That, to me, is the ultimate compliment.

NOW IN MY 40S

I genuinely feel prettier and more confident than I ever have before. There is something incredibly empowering about reaching this stage of life and realising that your best days are not behind you. For me, aesthetics isn't about trying to look 20 again or becoming somebody else. It's about looking after what I have, ageing in a way that makes me happy and feeling like the very best version of myself.

And that confidence goes far beyond the mirror. I believe that when you feel good about the way you look, it can positively affect the way you carry yourself and how you feel within yourself. When you feel you look better, you often feel better - and when you feel better, you do better.

So now I'm opening up my own treatment diary and sharing the aesthetic routine behind my face: what I personally choose, why I choose it, how I maintain it and the lessons more than a decade in aesthetics has taught me. This is my face, my routine and my personal choices - not a prescription for yours.

KEEP IT NATURAL. KEEP IT STRATEGIC.

The secret to my own aesthetic routine is not doing everything. It is knowing what I want to improve, choosing the treatment that actually targets it, and then knowing when to stop.

Natural-looking results are the foundation of my approach. From around your mid-30s, carefully chosen treatments can help maintain skin quality and soften the appearance of early lines. If you begin later, there is still plenty that can be done - think gradual, realistic improvement rather than miracles. The key is a long-game mindset.

Aesthetics, for me, is about maintenance and consistency. Just like skincare, hair appointments or fitness, I believe it should be planned into your lifestyle and your budget.

THE SECRET BEHIND MY ROUTINE

After more than ten years working in aesthetics, I've learned that beautiful aesthetics isn't about having more done - it's about knowing what to do, when to do it and, just as importantly, when to stop.

Over the years, I've refined my own personal routine to create the look I love: smoother-looking skin, softened lines, restored volume where I want it, a fresher under-eye area and that healthy, plump, luminous glow that makes skin look beautifully maintained rather than obviously 'done'. My skincare guide gave you the first part of my glow strategy; now I'm letting you in on the part that happens inside the clinic.

My routine includes anti-wrinkle treatment alongside my Secret Sauce Skin Booster, Secret Sauce Glass Facial and Secret Sauce Under Eyes treatment. This isn't me telling you what you should have done. Every face is different and should be individually assessed with an appropriately qualified practitioner.

MY FACE. MY CHOICES. MY TIMINGS. MY MAINTENANCE.

You've had my skincare secrets. Now I'm giving you my aesthetic ones. Shhh...

ANTI-WRINKLE INJECTIONS

Anti-wrinkle treatment has been part of my own maintenance routine for years. I used to have mine approximately every three months, very consistently. As my own needs have changed over the years, I now find that I personally go much longer between treatments - sometimes around seven or eight months.

That is my face and my experience. How often somebody else needs or chooses treatment should always be based on an individual assessment rather than copying somebody else's timetable.

For me, the goal has never been a completely frozen face. I want to soften the appearance of lines and keep everything looking fresh and maintained while still looking like me. I reassess before I repeat it. If I don't feel I need it yet, I wait.

Treat with purpose. Then leave it alone.

SECRET SAUCE GLASS FACIAL

My signature Secret SauceGlass Facial combines

microneedling with my carefully chosen topical ingredients to create the ultimate skin-refresh treatment.

Microneedling creates controlled micro-injuries in the skin, supporting the skin's natural repair response and collagen production. For me, it is one of the treatments that helps give my skin that smoother, fresher, beautifully polished appearance I love.

Combined with my skincare, Skin Booster and other carefully chosen treatments, it forms a huge part of my personal glow strategy. I personally have my Glass Facial approximately every three months as a regular glow and skin-maintenance treatment.

What I want from it? That polished, healthy-looking, 'your skin but better' finish. I still cleanse, moisturise, protect and care for my skin every day - professional treatments are an extra layer of my plan, not a replacement for daily skincare.

MY AESTHETIC ROUTINE

SECRET SAUCE SKIN BOOSTER

Skin boosters have changed the aesthetics game for me. They are injectable treatments designed to work within the skin to improve hydration and overall skin quality. Depending on the formulation, they can help improve hydration, elasticity and the appearance of fine lines, leaving the skin looking fresher, plumper and more luminous.

My Secret Sauce Skin Booster is a major part of my own glow strategy. My formula contains 24% more hyaluronic acid than the leading brand,* and I combine it with my own signature approach as part of my strategy for beautifully hydrated, bouncy, fresh-looking skin.

I currently choose my Secret Sauce Skin Booster approximately every three to four months. This isn't about changing the shape of my face. For me, it is all about skin quality, hydration and GLOW.

A face can have beautifully softened lines, but if the skin itself looks dry, dull or tired, you are missing a massive part of the finished result. I love skin that looks bouncy, juicy and healthy - the sort of result people notice without being able to put their finger on why.

*Only retain the 24% comparison where the product specification substantiating that comparison is held.

SECRET SAUCE UNDER EYES

MySecret Sauce Under Eyes treatment is one of my absolute favourites - and probably one of the treatments people ask me about most.

The delicate under-eye area can be one of the first places to show tiredness and the visible signs of ageing. My treatment is designed to support skin quality and collagen production in this area and improve the appearance of hollowing, fine lines and crepey-looking skin, helping the eyes look fresher and more awake.

I personally have mine approximately every four to five months. My clients' treatment intervals vary considerably - some may choose four or six months, while others go nine or twelve months - because every under-eye area is different.

I get comments about my under eyes all the time, particularly in photographs, and for me they are a massive part of creating an overall fresh-looking face. When you're 25, life hasn't lived quite so hard yet. That fresh, wide-awake under-eye look is one of my personal secrets to looking like life is treating me well - and keeping people guessing my age.

LADY KIRSTY'S GOLDEN RULES

- 1. NATURAL BEATS OBVIOUS** I want people to think I look well - not immediately identify what I've had done.
- 2. TREAT THE FACE IN FRONT OF YOU** I would rather choose a few treatments with a clear purpose than chase every trend.
- 3. SKIN QUALITY MATTERS** Hydration, texture and luminosity form a huge part of my own aesthetic goal.
- 4. MORE IS NOT AUTOMATICALLY BETTER** Sometimes the correct aesthetic decision is to do absolutely nothing.
- 5. SKINCARE AND AESTHETICS HAVE DIFFERENT JOBS** I use simple daily skincare for maintenance and professional treatments strategically. One doesn't replace the other.
- 6. KNOW WHEN TO STOP** I reassess before repeating a treatment. A calendar is useful, but it does not replace judgement.

YOUR 12-MONTH AESTHETIC PLANNER

Use this page to plan consultations, treatments and review points - not to fill every month with a treatment. A good aesthetic plan can absolutely include months where the correct decision is to do nothing.

JAN	Consultation / treatment / skin goal:	FEB	Consultation / treatment / skin goal:
MAR	Consultation / treatment / skin goal:	APR	Consultation / treatment / skin goal:
MAY	Consultation / treatment / skin goal:	JUN	Consultation / treatment / skin goal:
JUL	Consultation / treatment / skin goal:	AUG	Consultation / treatment / skin goal:
SEP	Consultation / treatment / skin goal:	OCT	Consultation / treatment / skin goal:
NOV	Consultation / treatment / skin goal:	DEC	Consultation / treatment / skin goal:

BEFORE I BOOK ANYTHING

- | | |
|--|---|
| ☐ What exactly am I trying to improve? | ☐ Do I actually need treatment yet? |
| ☐ Is this concern better addressed by skincare, aesthetics or simply time? | ☐ Have the risks, expected results, alternatives and aftercare been explained? |
| ☐ Is the practitioner appropriately qualified and insured for the treatment? | ☐ If prescription medicine is involved, has the correct prescribing process taken place? |
| ☐ Am I choosing this because I want it - not because I feel pressured by a trend? | ☐ Will the result still look like me? |

NOW YOU KNOW MY AESTHETIC ROUTINE

The biggest secret is that there isn't one treatment that replaces everything else. My own result comes from consistency: simple skincare and consistency with my aesthetic routine. Just like that time old expression: Failing to prepare, is preparing to fail.

This guide describes Lady Kirsty's personal aesthetic routine for general educational purposes. It is not medical advice, a diagnosis, a treatment prescription or a

procedural manual. Results and suitability vary. Injectable and professional aesthetic treatments require an individual assessment by an appropriately qualified practitioner.